

Palmarosa

cymbopogon martinii 10ml

Palmarosa is a good disinfectant for the skin, can be applied to acne sites neat from the bottle or added to a mild face soap. It can be used to assist with dermatitis and minor skin infections, scars, sores, and wrinkles. It is valuable for all types of treatments for the face, hands, feet, neck, and lips (moisturizes the skin, stimulates cellular regeneration, regulates sebum production). Also helpful for anorexia, digestive atonia, and intestinal infections.*

Due to its excellent antibacterial properties, Palmarosa can be used in place of Tea Tree for those who are sensitive to Tea Tree or don't particularly appreciate its fragrance.*

uses

aromatic

- **Diffusion:** Diffuse 10 to 12 drops in a cool mist essential oil diffuser to provide an uplifting environment.*
- **Inhalation:** Put 1 to 2 drops on a tissue, cotton ball, or your hands and inhale deeply to clear the mind or in cases of fatigue.*
- **Misting:** Mix 20 drops with 4 ounces of distilled water in an amber glass or PET plastic bottle, shake well and mist into the environment as desired.*

bath

- **Bath:** Add 8 to 10 drops Palmarosa to ½ cup Pink Himalayan or Dead Sea bath salts and mix into warm bath water to assist with relaxation.*

topical

- **Compress:** Mix 2 to 4 drops of Palmarosa in 1 pint of hot or cold water; soak a towel in water and apply to the desired location. Cover the area with a dry towel and heating pad or ice pack.*
- **Massage:** To assist the body with balancing moods, especially those associated with PMS, mix 10 drops of Palmarosa, 10 drops of Bergamot, and 5 drops of Clary Sage into 1 tablespoon of carrier oil and massage on the abdomen and lower back.*
- **Massage:** For a relaxing, de-stressing, anti-anxiety massage, add 4 to 5 drops of Palmarosa with 1 tablespoon of carrier oil. Use for a relaxing foot rub, or mix a larger quantity for an overall body massage.*
- **Perfume/Cologne:** To calm nervous exhaustion or stress, Palmarosa can be used as a fragrance oil, or apply 2 to 3 drops on feet.*
- **Scalp Massage:** To assist with hair loss or dandruff, mix 5 drops of Palmarosa with 5 drops of Rosemary ct. 1,8 cineole and 20 drops of carrier oil. Massage well into scalp and hair before bed at night; wash and rinse in the morning.*
- **Skincare:** To tone and rebalance oily or combination skin, mix 4 drops of Palmarosa, 4 drops of Red Mandarin, and 2 drops of Frankincense with 1 teaspoon of carrier oil and apply to skin daily.*
- **Skincare:** Apply 2 to 4 drops neat (undiluted) on skin to assist with acne, eczema, and scarring.*
- **Topical Dilution Guidelines:** Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.*
 - **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.*
 - **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.*
 - **Pregnancy:** Safe when used as directed starting in the 2nd trimester at 3% dilution(15 drops/1 ounce).*

goDesana

Product Information Page



application methods

Aromatic • Bath • Topical

safety group: 2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.

properties

Wildcrafted

Producing Organ: Grass

Extraction: Steam Distillation

Country of Origin: India

Main Chemical Constituents: geraniol, farnesol, geranyl acetate

Therapeutic Properties: Antiseptic, bactericidal, cicatrizant, digestive, febrifuge, hydrating, stimulant (digestive, circulatory), tonic [Julia Lawless, "The Illustrated Encyclopedia of Essential Oils" (Rockport, MA: Element Books, 1995), 133.]

responsible cautions

- Dilution not required, but can be done with carrier oil if individual skin sensitivity occurs
- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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